

Presented by The Barefoot Hawaiian

HULA MIX WORKOUT PARTY

Thursday, April 30th, 2026

6:45pm-8:00pm


Put a "spring" in your step and bunny hop over!

FRISBIE SENIOR CENTER-DANCE ROOM
52 E. Northwest Highway, Des Plaines
(Enter from East Side Door)

**NO EXPERIENCE NEEDED
JUST BRING YOUR ENERGY!**


WHAT TO EXPECT:

 A high-energy mix of
Hula + Modern + Freestyle

 Fun, upbeat music
& island vibes

 Surprises for
all participants

 **COST: \$25 per person**
(pre-paid and non-refundable)

 Zelle to 630-561-8243

 Register by April 24th, 2026

 **ALL AGES WELCOME!**

**Dance like no one is watching
Hang loose. Be beautiful!**



The Barefoot Hawaiian, Inc.
PO BOX 756, Prospect Heights, IL 60070
847-699-7336
barefoothawaiian@sbcglobal.net